Taking Charge of Your Diabetes



Taking charge of your diabetes can be tough. Selecting the rights foods and doing the right exercises can be confusing. Let the professionals at the Washington DC VA Medical Center help you make the right choices, choices that will lead you to a healthier more enjoyable life.

The LIVe team will create an individualized plan to improve your well-being featuring:

- Exercise
- Nutrition
- Stress Management
- Art and Music Therapy
- Spiritual Support

The LIVe program was developed to provide you with the tools you need to take charge of your diabetes and your LIFE! That's why we call it Lifestyle Intervention for Veterans.

Contact Information

Patient Service Center

202-745-8577 (appointment/medical advice)

Veterans Crisis Line 800-273-8255

Community Based Outpatient Clinics

Southern Prince George's County

5801 Allentown Road Camp Springs, MD 20746

301-423-3700

Southern Maryland

29431 Charlotte Hall Road Charlotte Hall, MD 20622

301-884-7102

Greenbelt

7525 Greenway Center Drive, Suite T-4 Greenbelt East Professional Center Greenbelt, MD 20770 301-345-2463

Southeast DC

820 Chesapeake Street, SE Washington, DC 20032

202-745-8685

VA-Ft. Belvoir

9300 DeWitt Loop

571-231-2408 Ft. Belvoir, VA 22060

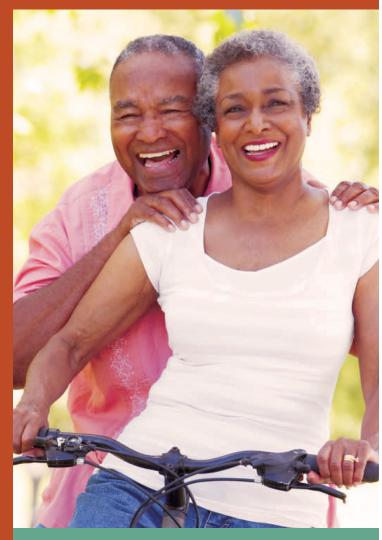


Department of Veterans Affairs Medical Center 50 Irving Street, NW Washington, DC 20422 202-745-8000 www.washingtondc.va.gov





LIVe Lifestyle Intervention for Veterans

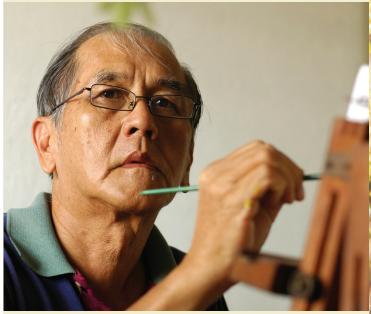


Make a Lifestyle Change and LIVe!





The LIVe program is for diabetic Veterans. It is a holistic approach to building a healthy body, mind and spirit.



The Washington DC VA Medical Center (DCVAMC) is a national leader in providing quality care to Veterans. DCVAMC serves Veterans from our national capital region with Veteran-centered care in an environment that fosters respect and compassion. Our service area includes Washington DC, suburban and Southern Maryland and Northern Virginia. We also support the LIVe program at the Martinsburg WV VAMC.



Well being is based upon a good balance of a healthy body, mind and spirit.

The Washington DC VA Medical Center's LIVe program was designed to help Veterans achieve this balance.

The LIVe program offers 8 to 12 weeks of individualized instruction and counseling to diabetic Veterans who join the program. The lifestyle skills you will learn will start you in the direction of better health and greater satisfaction in all areas of your life.

LIVe The Best Life You Can

Diabetic Veterans...

- Are you interested in losing weight?
- Do you want to improve your endurance?
- Do you want to better manage your diabetes?

To Find Out More...

- Ask your primary health care provider how to enroll in LIVe
- Call LIVe team coordinator, Dr. Helen Sheriff, at (202) 745-8000, Ext. 5483
- Send an email to LIVE@va.gov
- Visit our website: www.washingtondc.va.gob
- You may also contact our Patient Service Center at 202-745-8577 or call toll free 1-877-DCVAMC1 (1-877-328-2621) for more information.